

## Your Calorie budget:

### How to determine how many calories you should be eating to maintain or lose weight

1. First determine how much weight you would like to lose. Multiply this number by 3500 since there are 3500 calories in each pound (example if I wanted to lose 10lbs  $10 \times 3500 = 35,000$ ). This is the number of calories that you would need to cut or burn to lose 10 lbs. Now we can figure out how long it will take to burn that number of calories.
2. Now figure out your **"Income"** or BMR (basal metabolic rate). This is how many calories your body needs just to function.

[www.shapeup.org](http://www.shapeup.org) is a great website to help you do this.

Multiply your current weight x  $11 \times .9$  (for a 150lb woman this would be  $150 \times 11 \times .9 = 1485$ ). This will tell you how many calories you will need to maintain your current weight if you do very little exercise. If you are calculating this for a man you do not multiply this number by .9

*To figure out any extra "income" for exercise you can wear a pedometer to track your steps or a heart rate monitor that will actually keep track of how many calories you are burning in a day.*

*Each 2,000 steps = about 1 mile and about 100 calories. If you walked 5 miles or 10,000 steps you would burn about 500 extra calories.*

### To figure out a close estimate of this extra income you can multiply your BMR (or first "income" number by;

**1.2 for light exercise daily** (going walking for a few miles each day)

**1.5 for moderate daily exercise** ( running a few miles each day, or going to a class at the gym)

**1.7 for heavy daily exercise** (running around 5 miles each day, or doing an intense exercise program like insanity daily)

(example for the 150 lb woman with a BMR of 1485 and goes walking about 3 miles with a friend most days;  $1485 \times 1.2 = 1782$  calories burned each day)

The total of your BMR and the calories that you burn through exercise will be your **"total income"**

3. Now we are ready to figure out our **"EXPENSES"** or calories that you eat.  
The best way to keep track of this number is by keeping a food journal of everything that you eat. Once you have added up how many calories that you eat in a day you can subtract this number by your "income" to see if you are in dept (or gaining weight), or to adjust your diet to be able to lose weight (example; you are burning 1782 calories each day, and am eating 1400 calories each day so you are accumulating a savings of 382 calories each day x 7 days = 2674 in one week then you divide this number by 3500 calories in each pound. Now you know that you can expect to lose .76 of a pound each week, or about 3lbs. each month.) To increase the rate of weight loss you would need to either cut your calories (never eat below 1200 calories in a day unless you are using a medically formulated meal replacement), or increase your exercise.

Now let's make a plan. Below is a great guide to plan your calorie intake for the day to match your calorie intake goal

**For Weight loss**

Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Evening
3-400 cal.	100 cal	1-200 cal	100 cal	400cal	100 cal

**For Weight Maintenance for 1800 cal/day plan**

Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner	Evening
400	200	400	200	500	100

- *When switching from weight loss to maintenance you should add 100cal/wk until you reach your maintenance calorie goal. Suddenly increasing your calories from 1300 to 1800 suddenly could make you gain weight.*

**B**reakfast-this is the most important meal of the day. Start it out right.

**E**xercise

**S**upport-from family, friends, health coach, or work out buddy

**L**ow Fat meals every 3 hours

**I**ndividual Plan- Have a plan written out to follow

**M**onitor- weigh yourself weekly or even daily to keep in control of your weight. If you gain a pound, you can correct your eating habits quickly or add more exercise before 1 pnd turns into 10.

Some helpful tips to help you on your journey:

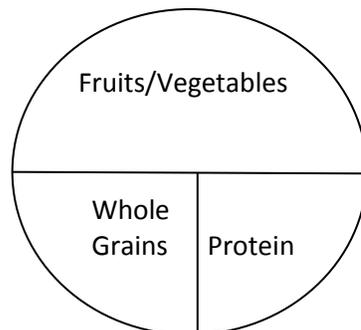
\*Drink lots of water! You should be drinking half of your body weight in ounces of water (150 lb person needs at least 75oz of water or almost 9 ½ cups of water each day. If you feel hungry drink a big glass of water, then wait 20 minutes to see if you are still hungry. We often confuse hunger pains for dehydration.

\*Eat whole grains! Undercook your pasta slightly. It will make your body work harder to digest it.

\*Plan ahead. Plan your meals/snacks for the day, and bring them along with you when you are away from home so that you aren't tempted grab something unhealthy.

\*Start using a 9" plate for your meals. We often fill our plates with much more than we actually need.

Fill ½ of your plate with veggies, and fruits, ¼ with protein, and ¼ with whole grains.



\*Be conscious of what you are putting in your mouth. If you don't love it, don't eat it. Focus more on quality food, and not quantity.

\*Don't graze. Sit down while you eat. Don't eat while watching TV, working on the computer, or reading.

\*Learn to recognize your triggers. If you realize that you are eating out of habit, boredom, or stress, change out the bad habit for a healthy habit.

**Exercise:**

If you are just starting an exercise program this walking program is a great one to start with. After you complete this 12 week program you can increase your consistency to up to 5 days a week. Increasing the intensity of your routine by walking hills and stairs, Strength training on the days that you are not walking will help to build lean muscle mass and increase your metabolism- These are all great ways to increase the amount of calories that you can burn in a workout.

Week	Warm Up Min.	Brisk Walking Min.	Cool Down Min.	Total Distance (miles)	Total Time Min.	Days/weeks
1	5	10	5	1	20	3
2	5	12	5	1.2	22	3
3	5	15	5	1.5	25	3
5	5	20	5	1.75	30	3
5	5	25	5	2	35	3
6	5	30	5	2.25	40	3-4
7	5	32	5	2.5	42	3-4
8	5	35	5	2.75	45	3-4
9	5	40	5	3	50	3-4
10	5	42	5	3.25	52	3-4
11	5	45	5	3.5	55	3-4
12	5	50	5	3.75	60	3-4

**Lifestyle Exercise:**

If you find it hard to fit “traditional” exercise into your busy lifestyle, you can add some of these quick and simple “lifestyle” exercises everyday to burn additional calories without doing a formal workout.

-Park far away from the store.

-Bathroom breaks- instead of using the bathroom closest to your office or classroom, walk to another one down the hall.

-Power-walk-lunch- by eating a well-balanced lunch and walking for the duration of your lunch break, you can incorporate a mini-aerobic workout into your day. A quick walk around the building is an easy way to add physical activity.

-Play with your kids- a quick game of kickball, shooting hoops, or playing with your kids at the park is a great way to burn extra calories. Try to schedule a time every night that your family does something active together.

-Do your chores- household chores (mowing the lawn with a push mower, vacuuming, sweeping, mopping, washing windows, washing the car, or cleaning the bathrooms) are all great calorie burners.

- Dance while you cook, and do the dishes. Always be moving. Even stepping back and forth to the beat of the music will have you burning calories without even realizing it.

**Most Importantly:** BE PATIENT WITH YOURSELF. LOSING WEIGHT IS A LIFESTYLE CHANGE, AND AN INVESTMENT IN YOUR HEALTH!